



LINDENOW PRIMARY SCHOOL & WOODGLEN CAMPUS

140 Henry Street, Lindenow 3865

Telephone 5157 1340 Mobile 0419 133 136

4th November 2022

NEWSLETTER NO. 33

Principal's Message—Term 4, Week 5

We can't tell you how proud we are of the effort and persistence both Hayley Baxter and Will Davidson showed at this weeks State Athletics Championships. Both students performed brilliantly at the lead up events and were pushed the whole way in their events Wednesday. You two should be very proud!

MEDICAL WARNING!

A heads up to all families that there seems to be a range of illnesses doing the rounds at the minute. We have had students with coughs and colds, gastro, asthma related to the weather and hay fever. We have also heard of excessive rashes that are itchy and present like hives. Please continue to keep a close eye on your child's health and keep them at home if they are unwell.

BLUE COURT COVER

This week we have finally seen further progress on the covered area for the blue court. Obviously the weather hasn't been friendly, but hopefully we have the frame finished today, the cover on and fence down some time next week. Fingers crossed!

STUDENT-FREE DAY—Friday 11th November

Next Friday will be a student-free day. We have organised a whole-school professional development day with mathematics guru, Michael Minas. He will be leading all staff in how to differentiate open-ended maths activities that will improve all students mathematical ability.

HEALTHY EATING, HEALTHY BRAIN

I can't stress enough how important it is for our students to be eating healthier. This enables them to focus and learn at a higher level. The amount of students we hear saying they have had 'fruit loops' or 'iced coffee' for breakfast is alarming.

Students arriving at school eating lollies before 9.00am is not good enough for your child's health or learning. Don't bother sending your child to school with lollies or chocolate, easy fix!

STAFF LEAVE

Mrs Waddell will be taking a weeks' leave to attend her daughters' wedding next week. While she's away, Mrs Dyer and Mrs Orchard will be stepping into 1/2W from Tuesday.

Mr Cairns

EVENTS CALENDAR

NOVEMBER

Friday 11th—STUDENT FREE DAY: Teachers Maths PD
Wednesday 16th—Regional Cricket
Wednesday 16th 23rd & 30th—Prep Transitions
Friday 18th—Jump Rope for Heart—Wear Red
Saturday 19th—Lindenow PS 150th Book Launch
Tuesday 29th—Nagle Orientation Day

DECEMBER

Tuesday 6th—BSC Orientation Day
Friday 16th—Last day of School—No early Finish

Learn to support your primary school aged child with worry, frustration, managing impulses and tricky behaviour. Zoom into 1 or all 3- 1 hr duration for FREE

1) Wednesday 26th of October 2022 at 7:30pm (AEDST) - "Calm and Confident Kids" - learn to help children with a tendency towards worry or anxiety - or who are dealing with difficult life situations.

2) Wednesday 2nd of November 2022 at 7:30pm (AEDST) - "Calm and Connected Kids" - learn to help children to develop positive friendships and manage peer difficulties which often arise in primary school.

3) Wednesday the 9th of November 2022 at 7:30pm (AEDST) - "Calm and Co-operative Kids" - learn to help children who have a tendency towards frustration, have difficulties managing impulses or feeling unco-operative.

To register for 1 or all 3 please go to: <https://developingminds.net.au/webinars>

Please register with your email, first name and postcode early as only 100 spots available each session



Presented by clinical child psychologist Kirrilie Smout. Kirrilie has had 25 years experience in working with children and families, is the author of two books about children and mental health and regularly consults with national bodies about child mental health concerns. She is the Director of Developing Minds Psychology and Education Services and Calm Kid Central programs. CKC is an online program of courses to help children manage emotional health challenges. www.calmkidcentral.com (Free using FIRSTYEAR access code for families in Gippsland region Victoria and families with a Health Care Card in Adelaide Metro).

Any questions please contact Sandra on: sandra@developingminds.net.au

Part funded by Gippsland Primary Health Network Victoria and Adelaide Primary Health Network

WOODGLEN PLAYGROUP

Playgroup at the Woodglen Campus is held on the dates below from 9.30-11.30am.

If you have time please bring a plate to share, but no stress as there is always plenty.

Remember....if you know of others in the local area who would be interested please let them know about our little playgroup. Kind Regards, Katie

E-mail woodglenplaygroup@hotmail.com or text 0427836274

Playgroup Dates 2022

November 7th 9.30-11.30

December 2nd, 4pm onwards

Christmas break up session. Crafts and pizzas for dinner. A flyer will be sent out about the Christmas session. It will be similar to last year, everyone attending simply brings an ingredient or two to make pizzas.





Open Invitation – Lawn Bowling

In recent years Lindenow Primary School students have been enjoying the experience of competitive and non-competitive lawn bowls tournaments for Grades 4-6 students.

This year, the opportunity for after school bowls sessions have become available for all LPS students in Term Four.

These sessions will be aimed at training opportunities for Grade 4/5 students that would like to compete in Term One of 2023, however all students are welcome to come and enjoy game that can be played by all ages.

All sessions will be on a Wednesday afternoon from 4:00pm – 5:00pm. Students will walk across from the school to the Lindenow Bowls Club with Amanda Stewart and Mr Collins.

The first session will be held on **Wednesday the 9th of November** and continue until the 7th of December. If any student from any grade at Lindenow Primary School would like to be involved in this fun after school activity, please notify the office of the days your child might like to attend. Look forward to seeing LPS students getting out and enjoying a friendly game of Lawn Bowls!

Mr Collins & Amanda Stewart.



2018



2019



2021



2022

Jump Rope for Heart has started!

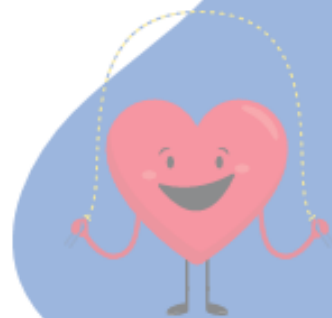
Jump Rope for Heart is the Heart Foundation's primary school skipping challenge that helps kids move more, have fun and raise funds for lifesaving research and programs.

This year is the 40th year of Jump Rope for Heart! To celebrate this milestone, we've got an audacious goal to see our student Heart Heroes at Lindenow to log 40 hours of skipping throughout the program!

[Register your child online](https://www.jumprope.org.au/parents), so they can receive the full benefits of the program and participate in online fundraising, simply follow the link below to get started.
www.jumprope.org.au/parents

Students will be encouraged to skip during recess, lunch and at home. You can share their online fundraising page with family and friends to help raise money for this great cause. We will hold our school Jump Off Day on later in the term on the 18th of November, this will mark the end of the program and is a chance for everyone to come together to skip and show off their skills.

Thank you for supporting the Jump Rope for Heart program!



Community Notices.....



JOIN THE PARKRUN FAMILY

WALK, JOG, RUN, VOLUNTEER
or simply come and watch - it's up to you!

FRIENDLY, ENJOYABLE 5K EVENTS

Every Saturday morning

FUN FOR ALL THE FAMILY

Prams and dogs can take part

IMPROVE HEALTH & FITNESS

Be active in the open air

DEVELOP NEW SKILLS

Opportunities to volunteer

FREE & EASY TO TAKE PART

No need for special equipment or clothing

YOU DON'T HAVE TO RUN

Volunteering is a great way to get involved

BE PART OF A COMMUNITY

Make new friends and socialise

BUILD CONFIDENCE

Track progress and achieve new goals

Register at parkrun.com.au

notes:



#BAIRNSDALEPARKRUN

www.parkrun.com.au/bairnsdale



LINDENOW PRIMARY SCHOOL 1120



- Book Launch - Celebrating 150 Years

To commemorate this occasion we have published a book highlighting the history of Lindenow PS with a collection of stories, interesting anecdotes and memories from past students, teachers, staff etc. with a connection to LPS.

This community event is open to everyone. It will be a fantastic day with speeches, and a few stories from the past and the book will be available for purchase.

Saturday, November 19th, 2022

10.30am

Lindenow Public Hall



Early Help Family Services is here to support you and your family in your community and be available where you live, work, learn and play.

Early Help is available to parents/caregivers and families with children from birth to 18 years.

Early Help can provide;

- Individual support for families and caregivers
- Safe and confidential parenting groups
- Connection to peer support groups
- Support, information and referrals to help with parenting, child/adolescent behaviour, housing, family problems, mental health and disability

"GETTING THE RIGHT SUPPORT EARLY CAN MAKE ALL THE DIFFERENCE"

Want to know more? Please speak with your Early Help Family Worker or speak with a staff member who can refer you to the Early Help Family worker.

Early Help Family Worker

Contact

Email

Location

JPSD
JAN PIANTA SCHOOL OF DANCE

Enrolments for 2023
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Bairnsdale Secondary College
presents the
2022 Senior Art Show

Opening Night: Monday 7th November,
6.30pm until 8.30pm

Venue: Malgobila Building, Bairnsdale
Secondary College McKean St Campus
Parking available at the BABC.

All welcome, entry is free!
Come and support our talented young artists!

Artwork by Ulrike Bantus, Year 11, coloured pencil

PARENTING IN THE DIGITAL WORLD

MONDAY NOV 7 - 5:30PM-6:30PM

FORGE THEATRE - 70 MCKEAN ST
BAIRNSDALE VIC, 3875

Designed with parents in mind, this workshop offers an insight into the online worlds of young people, including the latest trends, risks and research with a strong focus on social media and gaming. Parents will walk away from these sessions with advice they can use to help manage a child's life online.

To book, visit:
trybooking.com/CCVML



PARENTS BUILDING SOLUTIONS

For parents, step-parents, grandparents, families and carers of children aged 3 - 18 years. Come join online for interactive parenting sessions. Share ideas and feel supported. Free for all.

ARE YOU TIRED OF YELLING?
How to get kids to listen, without having to yell

DEALING WITH ANGER
Helping parents and kids deal with anger and frustration

RESPONDING TO BEHAVIOUR
Understand why children behave the way they do

STRATEGIES THAT WORK
How can parenting be easier and more fun!

DAY: Tuesday
TIME: 1pm - 2.30pm
WHEN: November 15, 22, 29 2022
WHERE: Online - FREE
Register: Via the QR code or link

INQUIRES:
Michelle Brown 0420174150
Michelle.Brown@anglicarevic.org.au
<https://forms.office.com/r/WFG8N6XMT1>



PARENTZONE

anglicarevic.org.au

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